



For more info call  
1.800.800.2896

## INJURY CARE GUIDELINES

### **PHASE 3: Weight-Bearing Exercise**

In Phase 3, all exercises are performed while weight bearing and should be done without pain. Progress to the next exercise level only if there is no pain. If pain is noted on a specific exercise, ice your ankle and try again. If pain persists, return to the previous exercise level until you can progress without pain. *Exercise at that level 5 to 10 minutes.* Phase 3 can be performed 3-4 times a day in conjunction with phase 2. All exercises should be done on a flat surface wearing your Active Ankle® brace. When progressing beyond jogging phase and for returning to sports, wear your Active Ankle® brace as a protective measure. Ice ankle before starting and progress only if pain-free.

1. Walk in small steps
2. Walk in large steps
3. Walk around things, or in a "lazy S"

If you are an athlete, perform the following exercise after the previous ones.

4. Jog straight ahead
5. Jog in a "lazy S"
6. Jog in a "sharp Z"
7. Sprint 5-10 yards
  - a. Start-stop slowly
  - b. Start-stop quickly
8. Perform team drills
  - a. Half speed
  - b.  $\frac{3}{4}$  speed
  - c. Full speed

Continue to ice after activity. Elevate and use compression if swelling persists. Also continue to perform the towel sweep in Phase 2, 4-6 weeks after injury, to increase your strength. You should continue to wear your Active Ankle® brace while you're active in order to help prevent re-injury.

### **Note**

You must consult your physician before following these injury-care guidelines. Your injury may be too severe to undertake the specific exercises outlined in this protocol. If your ankle injury has not been evaluated by a medical professional, do not go beyond Phase 1.